



Junior Staying Fit Badge

Pillar: Civic Engagement/Life Skills

Outcomes: Strong sense of self

Jump into this badge to figure out what fitness, food, and fun you need to stay strong for life.

1. Start moving!
 - a. Try 30 minutes of aerobic activity every day for a week. Aerobic activities are things that make your heart beat fast. Some fun ones are jump-roping, jogging, biking, and dancing. Mix and match any kind!
2. Keep your fit body fueled. Learn what your body needs to stay strong and fit.
 - a. Be a food label detective. Learn the basics of food labels – what information is there and what is important to know about each. Compare the labels of three snacks in your house. Which one is the healthiest?
 - i. Check out this website from the US Food & Drug Administration to learn more about food labels: <https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/#intro>.
3. Know how to stress less
 - a. You almost always feel better when you get your feelings out. For a week, write or draw how you feel each day. If you are stressed about something, try writing it down and then rip up and throw away the paper. Did it make you feel better?
4. Get the truth about health. There are a lot of health ideas floating around but not all sources are accurate. Learn how to separate fact from fiction.
 - a. Search online for the answer to a health question. Review at least three answers. Then find an answer that has been reviewed by real medical professionals. Jot down the site so you can use it to find true and safe answers in the future.
5. Help your family stay fit
 - a. Plan an active family activity. It could be a bike ride, a walk in your neighborhood, a “family chore challenge” or you could even create a family obstacle course.

Additional online additional resource:

- KIDZ BOP Dance Along: https://www.youtube.com/watch?v=sHd2s_saYsQ
- Warm Up Exercises: <https://sites.google.com/view/warmup1/home>

When you're finished: Congratulations, you have earned your pin! You can purchase by emailing shopdept@gksmo.org or at <https://www.girlscoutshop.com/JUNIOR-STAYING-FIT-BADGE>

No shipping charges apply at this time.

